

A. continuously monitoring the heart pulse rate of the patient in the course of the program as the patient exercises;

B. subjecting the patient to a series of exercise-relaxation cycles in which in the course of each cycle the exercising patient expends a surge of energy causing his pulse rate to reach a peak value that depends on the patient's physical state, at which point the patient then relaxes and his heart rate, because of a pendulum effect induced in the patient's heart, swings down from the peak value to a resting rate value to produce a spiked heart wave;

C. continuing the program until the patient's maximum pulse rate and resting pulse rate approach those of an individual having a normal heart rate range and free from the abnormal condition.

#### R E M A R K S

Claim 1 has been amended to define more clearly the essential features of the invention. Reconsideration of claim 1, as now presented, and of claims 2 to 7 dependent thereon is respectfully requested.

#### The Invention:

The invention, as defined in claim 1, resides in a therapeutic exercise program for "treating a patient having an abnormal condition indicated by a maximum heart pulse rate that deviates from a normal maximum rate and a resting